

Santhigiri Ayurveda Medical College

NEWSLETTER

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Editorial

Gurucharanam saranam

Heartfelt greetings from Santhigiri Ayurveda Medical College, Palakkad, Kerala on the occasion of Independence Day and Vis'va Samskr'ta Divas (World Samskr'ta Day).

This year we are going to celebrate both Independence Day and Vis'va Samskr'ta Divas on same day i.e., 15th August 2019 as the auspicious S'raavan'a poorn'ima falls on the same day.

Though it is a coincidence, the Indian independence and Samskr'ta language are very much inter related. What ever political independence we got on 15th August 1947 can become meaningful when we have our own independent inner thoughts not being polluted by past colonial and other negative influences and this can be possible by reviving Samskr'ta, the language of inner deep rooted thoughts of Bhaarateeyas .

It is known fact that Samskr'ta is a universal language and all the languages on this globe have very close relations with it and all the Indian languages have direct origin in it. We lost our glory along with Samskr'ta when the ancient Gurukula system, the most appropriate system of education , was destroyed and replaced by class room system of education influenced by vested western thoughts. In this journey Aayurveda lost its roots completely and we are unable to connect with the thoughts of our ancient Aacaaryas as we are not well versed in aayurvedic language and ancient Indian scientific thought.

Most of the contemporary ayurvedic persons i.e., teachers, practitioners and students are unable to understand the Moolagrantha and its commentaries as they have very minimum knowledge of Samskr'ta. They are dependent on translated books which cannot impart complete sense of original texts. Our language of thoughts and verbal expressions should be the same for proper understanding and application of principles of Aayurveda. Nowadays it is a trend to think and talk of Liver cirrhosis and find its treatment in Vaas'aagud'oocyaadi kashaaya etc, talk in detail of Fever and trying to find management in Jvaracikitsa like wise Rheumatoid arthritis or Gouty arthritis in Vaatarakta, Anemia in

Paan'd'u etc.

In Aayurveda educational institutions whatever we teach in first year Samskr'ta subject should be practically demonstrated and applied in aayurvedic textual reading in later years. Its not an exaggeration to note that the most used and useful words in aayurvedic texts like Bhishak, Rogi, Aaatmaa, Manas etc are not taught in applied aspects while teaching S'abda; Vr'tta of s'loka are not discussed, basic knowledge of Alan-kaara not gained, anvaya and anvayaartha are not taught. When language of text itself is not learned in which the thoughts of preceptors are expressed, such education is not going to be beneficial for the individual as well as others.

It is need of the hour for all of us to learn and live in Samskr'ta, the most ancient yet the most advanced language which can unify the globe by its compassion, which can enrich the minds of human beings by its originality and rich culture, which can propagate the scientific thought by its deep rooted treasure of knowledge and ultimately which can make one to liberate from the relativity and bless the independence by its divinity.

Let us learn Samskr'ta and celebrate the Independence.

Tamasomaa Jyotirgamaya

Dr. G. Nagabhushanam
Chief Editor

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DEPARTMENT OF AGADA TANTRA

An Overview Of Daivavyapaas'raya Cikitsa Mentioned In Agada Tantra

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Ayurveda is the most ancient but sophisticated science which acknowledges the conduct of life healthcare and prevention of disease based on its unique holistic principles. Ayurveda has advocated three categories of treatment approaches viz. daivavyapaas'raya, satvaavajaya and yuktivyapaas'raya. Daivavyapaas'raya represents empirical application of practices derived from Vedic literature. The concept of link between deeds of poorvakarma and the disease is a unique contribution of Ayurveda and the management of such diseases could be attached through this holistic methodology. Agada tantra is one among the Asht'an-ga of Ayurveda which is least explored but has maximum potentials. This specialization of Ayurveda being a pioneer in emergency management assimilates the principles of Daivavyapaas'raya in its true spirit.

Review of Concept

Daivavyapaas'raya cikitsa is one of the prime treatment mentioned in Ayurveda. Here daiva refers to divine or poorvajanma kr'ta karma, also called adr'usht'a. The diseases that are caused by such an effect are known as Daivakr'uta and karma of this janma are considered as purushakara or doshaja. Vyapaas'raya refers to that which is specially depended upon. Hence daivavyapaas'raya means treatment which depends upon past deeds.

The poorvajanma paapa is one of the main etiology in many disorders which are treated only by spiritual way ie, daivavyapaas'raya. In Prayogasamucchaya it is mentioned that dvesha in the poorvajanma is one of the cause for snake bite.

The reference regarding daiva vyapaas'raya cikitsa is found in various texts of Agada tantra. Visha vaidya s'aastra itself is divided into 1) Visha vidya- treating visha with the help of mantra, transferring of visha from one person to other etc. 2) Visha vaidya- Treating visha with oushadha.

The daiva vyapaas'raya cikitsa are mantr'aoushadhi, man'i, man~gala, bali, upahaara, homa, niyama, praayas'citta, upavaasa, svastyayana, pran'ipaata, gamana etc.

Mantraushadhi- Mantra is one that will save anyone who does the manana. Oushadha is one which cures the disease. Here we can consider either treating with mantra only or treating with mantraoushadhi. Mantra is explained right from man~galaacaran'a till the treatment of visha in almost all the treatises of visha. Mantra increases the satva bala of the person. This mantraprabhaava can be transferred to water, thread etc(yantra) and such inanimate objects can be used for the purpose of cikitsa. These are known as mantraoushadha. The qualities of the person who gives mantraushadhi are also mentioned such as; he has to do japa for three years, should be clean, and should not consume alcohol etc. The recent research also proved the psychosomatic effect of mantra.

Man'i- Anything which is originated from stone. Also we can consider it as Gems. Gems are formed from ores often at high pressure, so it is having intense concentration of energy. When it is pure in its physical character it radiates its remedial powerfully. In the perspective of Agada tantra all types of dhaaran'a which reduce the visha are considered as man'i or man'i dhaaran'a. Various types of man'i dhaaran'a has been explained in Ayurveda.

Bali- anything which is sacrificed to the lord with the feeling of pr'aayas'citta and given as daana is termed as bali. Bali is mentioned for visha haran'aarthha.

Upahaara- It can be considered as any offering eg: Offering nivedyam, trimadhuram to the God has mentioned in Prayogasamucchayam.

Homa- Offering oblation to the God by pouring auspicious dr'avya into the holy fire. Dhanvantari homapooja, mr'utyunjayahoma are some of the homa done in the case for affliction of visha. We may consider dhoopana as an advanced form of homa. Application of dhoopana is mentioned in various places such as keet'a visha, vr's'cika visha, dooshita vaayu, mas'aka nivaaran'a etc. The recent research proved that the homa is having effect on controlling bacterial population, atmospheric changes etc.

Niyama- Rules for the well-being. We can consider it as patthyapaalana.

Pr'aayas'citta- The religious rituals of confession or parihaara kriya can be considered as pr'aayas'citta to an extent.

Upavaasa- Upavaasa is nevertheless a fasting of food but abstinence from paapas and external materialistic pleasures.



Pran'ipaata- Pran'ipaata eliminates mada, ahan~kaara etc. Sooryanamaskaara and Saasht'aan~ga namaskaara are the varieties of Pran'ipaata.

Svastyayana- Svastyayana karma is done based on Atharva veda. We can treat the patient easily only if the graha are favourable. Svastyayana is done to make the graha favourable to the patient.

Gamanam- Visiting sacred places of pilgrimage. The environment of an individual contributes to a greater extent into causing most of the diseases. Gamana results in a change in these factors and thereby brings about mental and physical health. The concept of dooshi visha explained in Agada tantra can be implied over here.

Immuno Potentiation w.s.r. To Bee Proteins

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Introduction

“Apitherapy” is, simply said, the use of bee products to prevent, heal or recover somebody from one or more diseases/conditions. The origin of this word is “Api” comes from the bee's latin name: *Apis mellifica* “therapy” comes from the Greek word “therapeuein” which means a method to treat the human beings or animals against different diseases. Apitherapy is the Complementary and Alternative Medicine promoting the use of bee products- Honey, Bee bread, Pollen, Royal jelly, Propolis, Apitoxin or beevenom, Hive air, Comb beeswax, Drone larvae, Whole bees enteras.

History

1. The Holy Bible, in the Old and New Testament points to the bees and their products for more than 40 times as urged eating honey, as gifts to inhabitants of countries far away, as a good food either alone or with other food materials in the human diet.
2. Holy Quran has a long Surah (chapter) with the name of bees (No. 16, Surah Al Nahl). The God Says “ God inspired bees to live in mountains, trees and that they construct. Then eat from fruits and follow the ways of the God. Hence comes out of their bellies, syrup of different hues, in which there are cure for people.
3. In the Holy Hadith The prophet Mohammed mentioned 23 Hadith. He described the Moamens like bees and he prefer honey as a food.
4. Aayurveda samhita- Honey is used as medicine for prevention and treatment of eye diseases, mentioned in conditions of

Conclusion

The practical utility of the subtle principles of daivavyapaas'raya cikitsa has to be explored scientifically, so as to revive this treatment modality from myth to reality. Even though more than 12 treatment modalities are explained under this category mantraushadhi, man'i & homa are stressed more as these have proved evidence. Even though having scientific evidence these are less incorporated in Agada tantra practice. A full-fledged practice of daivavyapaas'raya cikitsa is the necessity of modern day both for mental peace & cikitsa aspect.

poisoning, wound healing properties of honey is remarkable, used as adjuvant for many medications. Sugar extracted from honey have the same properties of honey.

Bee proteins

Honey

- Aayurveda emphasizes the usage of honey in promoting abridgement and healing of wounds. It is a good remedy in diabetes, bleeding disorders, cough, dyspnea and diarrhoea.
- Honey taking in hot season, mixed with hot dishes results in toxic effect. Honey indicated in medicines used for emesis and decoction for enema, since it is evacuated before digestion in these conditions.
- Honey used is composed of various sugars, flavonoids, phenolic acids, enzymes, amino acids, proteins, and miscellaneous compounds. Its composition varies according to floral sources and origin. Honey found that “cleans sores and ulcers of the lips, heals carbuncles and running sores honey used for many different purposes: as a laxative, as a cure for diarrhea, anti microbial activity anti fungal for cough and throat maladies, to agglutinate wounds for eye diseases. Honey help tore place lost electrolytes and provide an energy source.
- Sweet honey is acts as an immunity booster due to the presence of phyto nutrients that stimulate antibody production. It is believed that sweet is not good for diabetic patients but honey is a natural sweetener that helps in the blood sugar regulation.
- Unprocessed honey has the ability to control the blood sugar level, so it is very healthy for diabetic patients. Honey exhibits anti-inflammatory response. It has been shown that honey stimulates macrophages, T-cells, and B-cells to provoke antitumor effect. Immunoprotective activity of honey is often linked to



anticancer action. Honey may stimulate the immune system via these fermentable sugars. A sugar nigerooligosaccharides (NOS), present in honey has been found to have immune potentiating activity. Non sugar components of honey may also be responsible for immunomodulation.

Bee pollen

Bee pollen improves the functions of the liver, gives more strength to the heart gives all necessary amino acids to the nervous system. Bee pollen is a mixture of the pollens picked up by bees as they fly from one flower to another. Bee pollen is a popular folk remedy for many conditions, including PMS and enlarged prostate. Bee pollen might reduce some side effects of radiation therapy for cancer, chronic prostatitis or enlarged prostate. Another study found that a product containing bee pollen (and several other ingredients) seemed to reduce PMS symptoms.

Bee venom

Help patients having auto immune diseases very much. Diminishes the inflammatory reactions in the affected areas. Improves the blood circulation in the nervous system, and in the whole body. Increases the natural production of cortisol in the adrenal glands. There are 78 different components in the bee venom. But not all these components are consistently present in every bee's venom. Bee venom is made up of at least 18 pharmacological active compounds. Melittin, Adolapin, Apamin, PhospholipaseA1, PhospholipaseA2, Hyaluronidase, Histamine, Mast Cell, Degranulating Peptide (MCD), Dopamine, Norepinephrine, Compound X, Acid, phosphatase, Secapin, Leukotrienes. These compounds identified by(Schmidt,1992). Bee venom contains a number of powerful anti-inflammatory substances, including adolapin and melittin. It is to be a hundred times more powerful than hydrocortisone, melittin stimulates the body production of cortisol, a natural steroid that also acts as an anti-inflammatory agent.

Royal jelly

Improve the quality of the cellular regeneration to fight against auto-immune diseases, increase longevity. It is the perfect food of Mother Nature. Royal jelly is a thick, milky substance, with a composition similar to pollen, made by the worker bees to feed the eggs and the queen bee. Royal jelly contains complex B vitamins,

amino acids, fatty acids, minerals, enzymes, natural antibiotic properties, and antibacterial properties. Royal jelly is known for its anti-aging, cholesterol-lowering, anti-inflammatory, wound healing, antibiotic components and antibacterial agents Royal jelly (RJ) proteins (apalbumin-1 and apalbumin-2) in honey have antitumor properties.

Propolis

It is a powerful defence system produced by nature. Natural antioxidant play a measure role in it. A mixture of resin and sap is used to produce Propolis. Buds of conifer and poplar trees +beeswax + other bee secretions = Propolis. Essentially the "glue" in bee hives. Preserves warmth in hive and keeps out microbes. Has various antimicrobial properties. Used for healing and part of "apitherapy". Interesting uses including violin varnish. Used since the Ancient Greeks and Romans discovered it. Uses of propolis includes dentistry procedures, treating Herpes simplex virus type 1 and 2, parasitic infections, burns, canker sores, colds (prevention and treatment), dental pain, plaque and gingivitis.

Conclusion

Bee products act upon both innate and adaptive immune response. At different levels, in the human innate response, these compounds suppress DNA synthesis, decrease pro inflammatory cytokine synthesis (IL-2, IL-12 and IL-4), inactivate both the classical and alternative complement pathway, decrease superoxide anion production in neutrophils.

In adaptive immune response the effect of IL-10+ NK cells on Ag-specific T cell proliferation has been examined in bee venom major allergen, phospholipase A2- and purified protein derivative of Mycobacterium bovis-induced T cell proliferation. From the over mentioned date it could concluded that: Bee products is safe, non toxic and immuno potentiation agent.

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Students' Corner

Psoriasis

Miss.Athira Shaji
IInd Prof. BAMS

Psoriasis is a non-infectious, chronic inflammatory disease

of the skin, characterised by well-defined erythematous plaques with silvery scale, with a predilection for the extensor surfaces and scalp, and a chronic fluctuating course.

The prevalence is approximately 25 in European



populations but may be lower in African and some Asian populations, eg: Japanese

- Psoriasis may start at any age but is unusual before 5 years.
- There are 2 patterns of psoriasis, sometimes referred to as Type 1 and Type 2.
- Type 1 has an onset in the teenage and early adult years, often with a family history of psoriasis and an increased prevalence of the HLA group CWe.
- Type 2 appears in the fifties or sixties, when a family history is less common and CWe is not so prominent.

Etiology

- Psoriasis is genetically complex and a large number of genes are thought to be important in its pathogenesis.
- There is a large familial component.
- Hereditary twin studies suggest 80% inheritance and in monozygotes perhaps one-third will be concordant for psoriasis.

Factors causing exacerbations of Psoriasis

- **Trauma** : Lesions appear in areas of skin damage such as scratches or surgical wounds when the condition is erupting
- **Infection** : Beta- haemolytic streptococcal throat infections often precede guttate psoriasis.
- **Sunlight** : UVR rarely.
- **Drugs** : Antimalarial and Lithium
- **Emotion** : Anxiety

Pathogenesis

There are two key pathophysiological features in psoriatic plaques - the keratinocytes hyperproliferate with a grossly increased mitotic index and an abnormal pattern of differentiation. It leads to the retention of nuclei in the stratum corneum, there is a large inflammatory cell infiltrate in which rashes appears rapidly as the first presentation of the disease. Individual lesions are droplet shaped, scaly and seldom over 1cm in diameter.

Bouts of guttate psoriasis may clear with in a few months but respond well to early treatment with phototherapy. The majority of

patients go on to develop plaque psoriasis later in life.

Clinical features

Stable Plaque Psoriasis

This is the most common type. Individual lesions are well demarcated and range from a few mm to several cm in diameter. Lesions are red with dry silvery white scaling which may be obvious only after scraping the surface. Elbows, knees and lower back are commonly involved. Other sites are scalp, nail(with thimble pitting), flexures(involving natal cleft, sub mammary and axillary folds is not scaly but red shiny and symmetrical) and palms.

Guttate psoriasis

Most commonly seen in children and adults. The rash often appears rapidly. Individual lesions are droplet shaped, small, seldom greater than 1 cm in diameter and scaly. Common sites are trunk, limbs, scalps. They are multiple, discrete and small red papules.

Erythrodermic psoriasis

Skin becomes red or scaly and it is found in entire body. It is wide spread erythema followed by exfoliation.

Pustular psoriasis

There are two varieties such as

1. Generalised – found in entire body, pustules are found on erythematous skin.
2. Localised – Found mainly on hands and feet, pustules on reddened plaques.

Investigations

- Skin biopsy(under local anaesthesia)
- Blood and radiography test is done to rule out psoriatic arthritis.
- ESR and C- Reactive proteins
- Throat swabbing for beta haemolytic streptococci is needed in guttate psoriasis.
- Skin scraping
- Nail clippings

Sanskrit Alphabets with English Transliteration Key

अ	आ	इ	ई	उ	ऊ
a	aa	i	ee	u	oo
		ए	ऐ	ओ	औ
		e	ai	o	au
ऋ	ॠ	ऌ		अं	अः
r'	rr'	l'		m	h
क	ख	ग	घ	ङ	
ka	kha	ga	gha	n~	
च	छ	ज	झ	ञ	
ca	cha	ja	jha	n`a	
ट	ठ	ड	ढ	ण	
t'a	t'ha	d'a	d'ha	n'a	
त	थ	द	ध	न	
ta	tha	da	dha	na	
प	फ	ब	भ	म	
pa	pha	ba	bha	ma	
य	र	ल	व		
ya	ra	la	va		
श	ष	स	ह	क्ष	ज्ञ
s'a	sha	sa	ha	ksha	jna

Medical Bulletin

Colistin banned in animal food industry

The Ministry of Health and Family Welfare has issued an order prohibiting the manufacture, sale and distribution of colistin and its formulations for food-producing animals, poultry, aqua farming and animal feed supplements. Colistin is a valuable, last-resort antibiotic that saves lives in critical care units and in recent years, medical professionals have been alarmed by the number of patients who have exhibited resistance to the drug. Therefore, any move to ensure that arbitrary use of colistin in the food industry,



particularly as growth supplements used in animals, poultry, aqua farms, would likely reduce the antimicrobial resistance within the country. The order, issued directed manufacturers of colistin and its formulations (since it is also used to treat humans) to affix a label on the container reading thus: Not to be used in food producing animals, poultry, aqua farming and animal feed supplements: on the package, insert and promotional literature. Most of the farmers are aware of the presence of colistin, since it comes mixed in the feed. Bulk of colistin (nearly 95%) is imported from China.

Events

Graduation Ceremony Riddhi 2019

The Graduation ceremony of the 12th batch of SAMC, Riddhi 2019 was held at the campus on 1st July 2019. The Chief Guest of the event was Padma Vibhushan Dr. E.Sreedharan (Retd. IRSE Officer), Padmashri.



Dr.P.R.Krishnakumar (Co founder, Chairman, AVP Coimbatore) was the guest of honour, The key note address was delivered by Dr. A Nalinakshan (Pro vice Chancellor, KUHS) in the blessed presence of Swami Vandanooran Jnana Thapaswi (Incharge, SHRO). Dr.G.Nagabhushanam (Principal) delivered the Presidential address and Dr. Arathi P S (HOD, Dept of Panchakarma) initiated the

Aatreya Anus'aasanam. The inaugural session was followed by Guruvandanam and Matruvandanam. The graduation ceremony concluded with Candle Light Ceremony and Cultural programme.



Training Programme by Fire and Rescue Department

Team of hospital staff and students participated in a training programme conducted by Fire & Rescue Services Department, Near Civil Station, Palakkad on 3rd July 2019.



Product Training Programme

A Product Training Programme was conducted for teaching faculties, medical officers and house surgeons by Products' Specialists lead by Dr.K B Bhadrans from Santhigiri Ayurveda and Siddha Vaidyasala, Thiruvananthapuram at Top in Town Hotel, Palakkad in the blessed presence of Adaraneeya Swami Gurusavidh Jnana Thapaswi on 6th July 2019.



Guest lecture - Understanding the principles of Aayurveda

Shri. Vaidya M.Prasad, Principal, Ashtangam Ayurveda Chikitsalayam & Vidyapeedam, Kootanad delivered a guest lecture for the students on the topic "Understanding the Principles of Ayurveda" at Santhigiri Ayurveda Medical College on 16th July, 2019.

Arts Day Celebration

The college Arts Day "Pooram 2019" was celebrated at the college campus on 18th July 2019.



Karkitaka Chikitsa Inauguration

Karkitaka maasacharana and chikitsa was inaugurated by Hon'ble MP, Palakkad, Shri. V. K. Srikandan at Santhigiri Ayurveda Medical College and Hospital Campus on 14th July 2019 in the blessed presence of Swami Madhusree Jnana thapaswi. The distribution of Karkitaka kanji (Medicated rice gruel) was inaugurated by Smt. Shylaja, Panchayat president.



Karkitaka Chikitsa inauguration at SAMCH Extension Centre, Palakkad was done by the Deputy Chairman, Palakkad Municipality, Shri C. Krishnakumar on 17th July 2019 and was followed by the distribution of Karkitaka kanji to all.



Seminars and Visits

Academic visits to Water treatment plant, Malampuzha & Milma Dairy

Water treatment plant, Malampuzha

Third Year BAMS students visited Water Treatment plant, Malampuzha, Palakkad on 12th July 2019, as part of Swasthavritta curriculum. Detailed functioning of the plant including storage, filtration, disinfection and backwashing were thoroughly explained and demonstrated by Plant in charge officials of Kerala Water Authority. The team of 55 students was accompanied by Dr. Deepty Nair and Dr. Kiran.K.Prasad.



Milma Dairy, Kallepully

Third Year BAMS students visited Milma Dairy, Kallepully, Palakkad on 24th July 2019, as part of Swasthavritta curriculum. Procurement, disinfection, processing and storage of milk and milk products were familiarized. A brief seminar and interactive session was conducted by Quality control department of Milma. The team of 52 students was accompanied by Dr. Kiran.K.Prasad and Mr. Muraleedharan.



Congratulations to the Young Graduates Santhigiri Ayurveda Medical College, Palakkad



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